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# ROLLED OATS

*a good choice for the thrifty family*



Quick Cooking

**An ENERGY food—**

ROLLED OATS can be used—

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IN MAIN DISHES  
PROCUREMENT SECTION  
CURRENT SERIAL RECORDS



AS HOT CEREAL



MEAT LOAF



MEAT BALLS



IN PANCAKES



IN BREADS, PIES, COOKIES AND CAKES!



- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

### COOKED ROLLED OATS (OATMEAL)

- 1 teaspoon salt
- 4 cups water
- 2 cups uncooked quick rolled oats

Add salt to water and heat to boiling.

Slowly pour and stir in rolled oats. Cook slowly for one minute, stirring to keep from sticking.

Remove from heat. Cover and let stand a few minutes before serving.

*Makes 6 servings,  $\frac{2}{3}$  cup each.*

### MEATBALLS

- 1 small onion
- 1 pound ground beef
- $\frac{1}{2}$  cup uncooked quick rolled oats
- $\frac{1}{2}$  cup fluid milk
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 egg
- Tangy Tomato Sauce (recipe follows)

Chop onion.

Mix all ingredients well. Shape into 12 meatballs.

Cook in heated fry pan until browned.

Serve Tangy Tomato Sauce over meatballs.

*Makes 6 servings, 2 meatballs each.*

### TANGY TOMATO SAUCE

Mix  $\frac{3}{4}$  cup tomato sauce,  $\frac{1}{4}$  cup packed brown sugar, and 2 tablespoons prepared mustard in a pan. Cook slowly for 10 minutes. Makes about 1 cup sauce.

### TUNA CASSEROLE

- 2 eggs
- 1 stalk celery
- 2 cans chunk tuna (6  $\frac{1}{2}$  to 7 ounces each)
- 1 cup uncooked quick rolled oats
- $\frac{3}{4}$  cup fluid milk
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon salt
- Pepper, as you like
- Onion Sauce, if you like (recipe follows)

Beat eggs in large bowl.

Finely chop celery. Drain tuna.

Mix all ingredients with the eggs, breaking tuna into small pieces. Put in small baking pan.

Bake at 350° F (moderate oven) about 50 minutes until lightly browned.

Serve with Onion Sauce (if used).

*Makes 6 servings,  $\frac{1}{2}$  cup each.*

### ONION SAUCE

Chop 1 small onion and cook in 2 tablespoons margarine or butter until tender. Stir in 2 tablespoons flour. Add 1 cup milk slowly, stirring until smooth. Cook and stir until thickened. Add salt and pepper, as you like.

*Makes 1 cup sauce.*

### CHEESE-MEAT LOAF

- 1 small onion
- 1 pound ground beef
- $\frac{1}{2}$  cup fluid milk
- 1 egg
- 1 teaspoon salt
- $\frac{3}{4}$  cup uncooked quick rolled oats
- $\frac{1}{2}$  cup cut-up cheese

Chop onion.

Mix all ingredients well. Shape in a loaf in a baking pan.

Bake at 350° F (moderate oven) about 1 hour until browned.

*Makes 6 servings.*

## SCOTCH CHOWDER

4 cups chicken broth (see Note)  
1 large onion  
½ cup uncooked quick rolled oats  
1 cup fluid milk  
Salt and pepper, as you like

Heat chicken broth to boiling.

Chop onion.

Stir onion and rolled oats into broth. Cover and cook slowly ½ hour.

Stir in milk and seasonings. Heat, but do not boil.

*Makes 6 servings, ¾ cup each.*

Note: 4 chicken bouillon cubes and 4 cups water may be used in place of chicken broth.

## OATMEAL PANCAKES

2 eggs  
1 ½ cups fluid milk  
1 cup uncooked quick rolled oats  
¼ cup melted fat (margarine or butter)  
1 cup flour  
1 tablespoon baking powder  
1 teaspoon salt  
2 tablespoons sugar

Beat eggs in large bowl. Stir in milk and rolled oats. Let stand 5 minutes.

Add fat.

Mix flour, baking powder, salt, and sugar. Stir into rolled oats mixture just until mixed.

Cook pancakes on heated, greased fry pan until covered with bubbles. Turn pancakes and brown the other side.

*Makes about 24 small pancakes.*



## OATMEAL-RAISIN MUFFINS

1 ¼ cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
⅓ cup sugar  
1 cup uncooked quick rolled oats  
½ cup raisins  
1 egg  
1 cup fluid milk  
⅓ cup melted fat or oil

Mix flour, baking powder, salt, and sugar in a large bowl. Stir in rolled oats and raisins.

Beat egg and add milk. Add fat or oil. Set aside.

Add milk mixture to flour mixture. Stir just until dry ingredients are wet, leaving batter lumpy.

Fill greased muffin pans half full.

Bake at 400° F (hot oven) 20 to 25 minutes until muffins are browned.

*Makes 12 muffins.*

## QUICK OATMEAL-RAISIN BREAD

1 ⅓ cups flour  
¾ cup brown sugar, packed  
1 tablespoon baking powder  
1 teaspoon salt  
½ teaspoon nutmeg  
1 ½ cups uncooked quick rolled oats  
1 cup raisins  
1 egg  
1 ⅓ cups fluid milk  
¼ cup melted fat or oil

Mix flour, brown sugar, baking powder, salt, and nutmeg in a large bowl.

Stir in rolled oats and raisins. Set aside.

Beat egg and add milk. Add fat or oil. Stir into rolled oats mixture just until mixed.

Fill three greased food cans (about 2 cup-size) or one loaf pan half full. Bake at 350° F (moderate oven) 50 to 55 minutes until bread leaves sides of cans or pan.

Remove from cans or pan before cooling.



## ROLLED OATS COFFEE CAKE

$\frac{3}{4}$  cup fluid milk  
 $\frac{3}{4}$  cup uncooked quick rolled oats  
1 cup flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  cup fat (margarine, butter, or shortening)  
1 cup sugar  
2 eggs  
1 teaspoon vanilla, if you like

Pour milk over rolled oats and let soak 15 minutes.

Mix flour, baking powder, salt, and nutmeg. Set aside.

Mix fat and sugar until smooth. Add eggs and beat well.

Add half the flour mixture and half the rolled oats mixture to sugar mixture. Mix well.

Mix in rest of ingredients.

Fill a greased baking pan half full.

Bake at  $375^{\circ}$  F (moderate oven) 20 to 25 minutes until browned.

## OATMEAL PIE CRUST

$\frac{1}{2}$  cup flour  
3 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{3}$  cup shortening  
 $\frac{1}{2}$  cup uncooked quick rolled oats  
About 3 tablespoons cold water

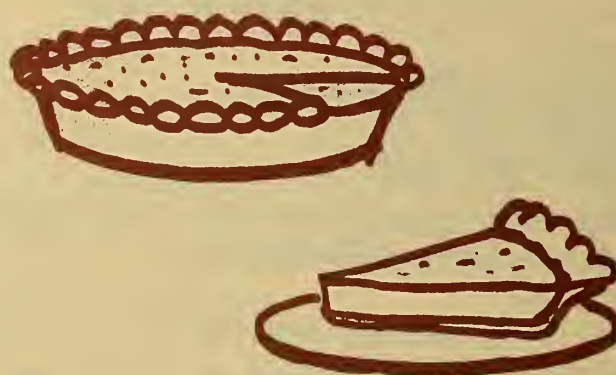
Mix flour, sugar, and salt in a bowl. Mix in shortening with a fork or two knives until finely crumbled. Stir in rolled oats.

Sprinkle most of water over mixture and mix lightly with a fork. Add a little more water, if needed, to make a ball of dough.

Roll out dough on a lightly floured surface. Put in 8-inch pie pan. Stick dough all over with a fork.

Bake at  $425^{\circ}$  F (hot oven) 10 to 12 minutes until lightly browned. Cool before filling.

Note: Use for any 8-inch pie that calls for baked pie crust.



## BANANA-OATMEAL COOKIES

1  $\frac{1}{2}$  cups flour  
1 cup sugar  
 $\frac{1}{2}$  teaspoon baking soda  
1 teaspoon salt  
 $\frac{3}{4}$  cup fat (margarine or butter)  
1 egg  
1 cup mashed banana  
1  $\frac{3}{4}$  cups uncooked quick rolled oats  
1 cup raisins, if you like

Mix flour, sugar, baking soda, and salt in a large bowl.

Mix in fat with a fork or two knives until finely crumbled.

Beat egg.

Stir egg and rest of ingredients all at once into flour mixture. Beat well.

Drop dough from a teaspoon on a greased baking pan.

Bake at  $400^{\circ}$  F (hot oven) about 12 minutes until browned.

Makes 4 dozen cookies.

## CARAMEL-RAISIN PIE

3 eggs  
 $\frac{1}{2}$  cup white sugar  
1 cup brown sugar, packed  
 $\frac{3}{4}$  cup uncooked quick rolled oats  
2 tablespoons fat (margarine or butter)  
1 teaspoon vanilla  
 $\frac{1}{2}$  cup raisins  
Unbaked 8-inch single pie crust

Beat eggs in a large bowl.

Add rest of filling ingredients. Mix well. Pour in unbaked pie crust.

Bake at  $375^{\circ}$  F (moderate oven) about 30 minutes until firm near center.